

YOGA

Long Practices

WITH **Ada Lusardi**



ONE SUNDAY A MONTH
Aug 29, Sep 26, Oct 24, Nov 21 2010

9-12 noon: Active Practice
2-5 pm: Yin & Restorative

\$40/per session *(no drop-ins)*

ENJOY A SWEET REFUGE from the busyness of daily life, and spend a morning, afternoon or a whole day of luxurious practice in a peaceful and supportive environment. Our mornings will gradually open to a more active practice with afternoons devoted to long held floor postures, relaxation and meditation. You are welcome to attend one or both sessions. Minimum one year of practice recommended. Please dress in layers and bring a journal and eye bag if you have your own. Space limited.

For information call 510.552.0155 or email ada@adayoga.com.

Register at www.adayoga.com

Ada Lusardi creates an inviting environment in her classes and workshops combining expertise, compassion and exacting individual guidance to provide a challenging yet accessible practice for students of all abilities and ages.



Based on more than 15 years of meditation and yoga training, and with her extensive knowledge of physiology and anatomy, she guides students to new levels of growth and healing. Her passion for movement springs from her experience as a professional dancer, Pilates teacher, Iyengar yoga instructor, and yoga teacher trainer. Ada is inspired by the dedication of her students, and is deeply grateful for the guidance provided her by her teachers. She leads classes and retreats throughout California's Bay Area, and, more recently, Portland, Oregon.